



All News Items

Press Report 5th November 2019



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## All News Items

NEW YORK CITY MARATHON Sunday 3 November. The 49th staging of the New York City Marathon took place on a sunny still Sunday morning in 12C degrees, ideal for the 53500 runners. Sam Rahman of Ilford planned a controlled run with the target of finishing in just under 2hours 50 minutes. He ran at his selected pace throughout the race for 35km where the race enters Central Park. The last couple of miles are rolling hills and he lost a little time and finished in 2 hrs 51 mins 43 secs, his second fastest time, in 750th place, 171st in the M35 category. Masters Open Cross-Country Loughton Saturday 2nd November Saturday morning saw the staging of the Masters Open Cross-Country hosted by Loughton AC at the ...[Read more](#)

[Press Report 29th October 2019](#)



ESSEX CROSS-COUNTRY LEAGUE Horseheath, Cambridge Saturday 26 October Last weekends Essex League cross country match doubled up as a qualifying opportunity for the Junior runners to represent Essex in the Southern inter counties on the 7th of December. Ilford AC were very well represented across the age groups U17 boys as usual performed outstandingly with Aaron Samuels winning by a sizable margin in 21:16 earning him top spot on the Essex team. Jak Wright was the only other qualifying athlete on the day securing 5th in 22:25 with Bradley Deacon only 3 positions away from the required top 8 coming home in





## All News Items

11th position in 23:07 over the 6k distance U15 boys regular scorer Ryan Holeyman was our first athlete home for 18th place in a competitive ...[Read more](#)

### [Press Report 21st October 2019](#)



South of England Cross Country relays Wormwood Scrubs Saturday 19th October 2019 Ilford U17's gained a well deserved bronze medal at the South of England Cross Country Relays, at Wormwood scrubs last weekend. Bradley Deacon ran the first Leg and got off to a good



## All News Items

start, in amongst lots of early pushing. Jak Wright was on the second leg and he had plenty of runners in front of him to work his way through, after a steady start, he started moving past other runners on the second half of the course, eventually passing 7 athletes to bring the team home in 9th place. Jaks time of 10.53 was the third fastest on the second leg. Aaron Samuel was left with the last leg, and despite having ...[Read more](#)

### [Press Report 15th October 2019](#)



Essex Cross Country League Thurrock 12th October 2019 JUNIOR REPORT U13 Boys – 3k Rain heralded the start of a new cross country season at One Tree Thurrock last Saturday. For the first time in many years, Ilford fielded a team in the U13 boys race which was the second race of the day. The four boys are very new to the sport and for three of them, it was their first cross country race. Joseph Grange led the Ilford charge and was up with leaders to begin with, Aaron Hick, James Thake and Lucas Emeagi made more cautious starts. Joseph ended



## All News Items

the race in 13th place, and was backed up by good runs from Aaron 20th and James 23rd. Lucas who is even newer to ...[Read more](#)

[Press Report 8th October 2019](#)





# All News Items







## All News Items

Chingford League 5km Redbridge Cycle Circuit Tuesday 1st October 2019 The winter Chingford League opened its season on a rainy night at the Redbridge Cycle Circuit at Hog Hill. Ilford are not currently members of this league so their members ran as guests or for their second claim clubs. Gary Coombes, who is in fine form at present, recorded a good time for this hilly race recording 18 mins 06 secs in 13th, while Seb Parris finished 30th with 19 mins 12 secs. Dan Holeyman placed 43rd with 20 mins 05 secs and Trevor Robinson came home 132nd with 27 mins 17 secs. Three paces back Rob Sargent recorded 27 mins 47 secs and Jim Huddart completed the Ilford squad in 150th with ...[Read more](#)

### [Press Report 1st October 2019](#)



Essex Cross Country Champs Writtle College September 28, 2019 Ilford U17 boys went in to Saturday's match with a title to defend, and defend it they did with a brilliant run from all 3 boys to bring back the Essex U17 trophy and Gold medals for the 3 boys. First off in the 3k Cross country boys race was Bradley Deacon who led by example with a fantastic 11m 07



## All News Items

seconds. Jak Wright put in a very solid middle leg in a time of 10m 55 secs before Aaron Samuels went off on a blistering 10m 02 secs lap to seal the honours for Ilford AC with a lead of 18 seconds over second placed Woodford Green Ilford entered 2 Senior men's teams in these ...[Read more](#)

### Press Report 24th September 2019



South of England 6 stage road relay champs Crystal Palace Sunday 22nd September Ilford AC put out a team in these prestigious championships on Sunday for the first time since 2011 With a mix of youth and experience, and an age spread of 30 years, Ilford gave an excellent account of themselves Paul Grange led the team out on a very competitive opening leg in 18:36 for 52nd Place On leg 2 Oscar Peris on his debut at this event slipped to 56th place in 19:24 On leg 3 Ahmed Abdulle move us up 21 places with an excellent 17:03 to place the team in 35th Place Leg 4 the youngest member of the team Mungo Prior held on to 35th Place in 19:11. Leg 5 Alex Richards moved ...[Read more](#)

### Press Report 17th September 2019





PLESHEY HALF MARATHON (incorporating the Essex Championship) Pleshey, Essex Sunday 15th September The Essex Championship were once again staged in conjunction with the Pleshey Half Marathon. The race from the picturesque village is over a rolling hilly course and conditions were made more difficult on the day due to unseasonable hot weather It was though a successful day for Ilford AC with the club winning 4 county medals and runners setting three new personal bests for the distance. Gary Coombes led the way for the Ilford team with an excellent 15th place in 1hr 16 mins 21 secs, the performance winning him Essex Bronze in the M40 age group and a new personal best at the distance. The ever reliable Sam Rahman put in a ...[Read more](#)

[Press Report 10th September 2019](#)





Woodford graded open meeting Ashford playing fields 3rd September 2019 Ideal conditions greeted the team at the final graded track meet in Woodford. A large number of athletes took to the track over the course of the evening with Ilford AC being well represented, especially in the 3000m where they took 7,8,9 and 14th place. Sam Rahman was happy to run the mile race in 4.57 (3rd place) doubling up and running 10.04 in the 3,000 metres for 7th place. Seb Parris also doubled up race walking 3000m in 16 minutes flat for 4th place and then gaining a new pb of 10.11 in the 3000m for 9th. Seb chased Steve Philcox most of the way pushing him to a seasons best of 10.08 ...[Read more](#)

[Press Report 3rd September - Road, Cross Country and Race walk](#)



ROAD AND CROSS COUNTRY REPORT Last Friday of the Month 5km Hyde Park Friday 30 August Three runners from Ilford AC were among the entrants for this popular lunch time run in London's Hyde park. This a new two lap course was used in the Park which was busy with tourists enjoying the warm sunshine, First home from Ilford was Adam Coals in 92nd place with 20 mins 37 secs, while Club endurance coach Rob Sargent recorded his fastest time this year of 26 mins 36 secs for 219th. For the Ilford ladies Julia Galea was placed 2nd in the F60 category and 236th overall with 28 mins 56 secs. In today's day and age where races can be entered on-line months in advance, it ...[Read more](#)